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RIDING HIGH

PAGE 14

Rob Gronkowski and the Patriots kicked off the final month of the regular season with a win in Houston Sunday. /GETTY IMAGES

Bulger's belongings may go up for auction

Highest bidder. A report says that federal authorities may sell off items seized during the arrest of the mob boss. **A crook's collection.** Some of the items include jewelry, books and cards. **Fund for victims.** The money from the auction would go toward Bulger's payments due to the victims' families. PAGE 02

Remembering Paul Walker (1973-2013)

PAGE 07



Steve Coogan escapes the R-rating

PAGE 08



Education: Unplug and then tune in

PAGE 12

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NEWS



Blippar

Today's edition of Metro contains "Blippable" ads and editorial content to make your paper interactive. Here's how it works: Download the free Blippar app on your device, open the app and hold it over "blippable" content in Metro to see videos, get coupons, shop online or unlock myriad other interactive content experiences.

Today's tweet

"When guys are all surprised that I know what's going on in football, baseball, and hockey games & I'm just like I'm from #Boston please"

@CommonBostonGrl is a loyal Boston sports fan.

Travel costs



The MBTA's The RIDE.
NICOLAUS CZARNECKI, METRO

MBTA recommends fare rollback for The RIDE

The MBTA is recommending that MassDOT vote next week to scale back fares from \$4 to \$3 for The RIDE, the door-to-door transit service for seniors and people with disabilities.

In July 2012, fares for The RIDE were increased from \$2 to \$4. Since then, advocacy groups have been working to get the price for the travel services lowered. **METRO**

Keep your dead

Nantucket's only funeral home to close this week

Leaders on Nantucket have formed a group of officials to determine what to do when the island's only funeral home closes this week.

Lewis Funeral Home will close Dec. 6.

A group of hospital, nursing home and safety officials are deciding what to do with the island's dead once the business closes. **GLOBE**



Bulger's things could be up for auction to help compensate his victims. / UNITED STATES ATTORNEY'S OFFICE

Would you pay for a piece of Whitey?

Funds for families.

Last month a judge ordered restitution in the amount of \$19.5 million for the victims' families.

The stacks of bills totaling more than \$800,000 will not be the only things going to the families of James "Whitey" Bulger's victims.

Federal authorities are examining whether to auction off items seized during the arrest of Bulger at his Santa Monica, Calif., apartment, according to the *Globe*.

It was during that arrest in

2011 that Bulger was found to be in possession of more than \$821,799 in cash, guns, books, sneakers and dozens of other items.

Last month, Bulger, 84, was sentenced to life in prison and ordered to forfeit more than \$25 million to the government. A federal judge also ordered that the families of Bulger's victims would receive more than \$19.5 million in restitution.

The U.S. Marshals Service manages and sells assets seized by federal agencies. According to the agency, it managed more than 23,000 assets with a value of about \$2.4 billion. About \$1.5 billion was distributed to victims of crime and claimants in the fiscal year 2012.

The items seized during

the arrest are in storage in the state and are being appraised. Bulger's gold and diamond claddagh ring is estimated to be worth \$48,000. Other items including books, cards from girlfriend Catherine Greig and a rat-shaped cup he used as a pencil holder could go up for auction.

"The reality is, there are lots of people who would be willing to pay money for some or all of the contents of that apartment and that money is going to victims and victims' families," First Assistant U.S. Attorney Jack Pirozzolo told the *Globe*.



MICHAEL NAUGHTON
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Travelin' man

Bulger is no longer staying in Plymouth County.

- The 84-year-old, who had been in custody at the Plymouth County Correctional Facility since his arrest and during his trial, was moved to the federal Metropolitan Detention Center in Brooklyn last week, according to the Bureau of Prisons.
- Earlier this month, Bulger was listed as "in transit," but authorities would not comment on his destination.

Paper or paper? Plastic ban in Brookline begins

A Brookline ban of disposable plastic shopping bags and styrofoam containers went into effect on Sunday, but changes may be phased in gradually at retail stores and restaurants around town.

Brookline officials said they will allow retailers affected by the ban to use their current

inventories before switching to alternative bags.

Brookline Town Meeting approved the bans in 2012 citing concerns that the products are not good for the environment.

About 70 businesses and 350 restaurants are expected to be affected by the ban. **GLOBE**

End of an era

JFK Library to honor Menino

The John F. Kennedy Presidential Library in Dorchester will host a tribute to outgoing Boston Mayor Thomas Menino tomorrow night.

After five terms, the 70-year-old mayor is set to finish his service on Jan. 6. **SHNS**

Main and Me. City aims to keep shoppers local

With the holiday shopping season in full swing, Boston has partnered with a new app that helps local, independent brick-and-mortar businesses expand their customer base.

Main and Me Boston allows shoppers to visually discover the gifts and services available in the 20 Boston

Main Streets districts before making an in-store purchase.

City officials said the app, which also lets shoppers create a holiday wish list to share with family and friends, will help small businesses compete with big-box stores and online retailers like Amazon. **METRO**

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BOSTON

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Massive crash puts holiday weekend commute on ice

Going nowhere. Those driving back from the Thanksgiving break had a tough commute Sunday morning.



Slick road conditions caused multiple cars to crash. / MASSACHUSETTS STATE POLICE

Icy road conditions led to a massive chain-reaction crash Sunday morning in Worcester that involved scores of cars.

The collisions occurred at about 6:45 a.m. along Interstate 290, according to state police. Because of the size of the incident, the highway was closed for hours as crews worked to clear the scene and tow the cars to various lots.

About 70 cars, including three tractor-trailers, were involved in the Worcester crash, state police said. The scene near Exit 14 was more

than 100 yards long.

About 30 people suffered minor injuries because of the crash.

State police tweeted multiple pictures from the crash scene, urging people who were out driving on Sunday to use caution because of the icy roads in Central Massachusetts.

Because of the massive crash and highway shut-down, state police also urged people to avoid the area and used the hashtag

"#youarentgoinganywhere."

State highway crews were out treating icy roadways with sand and salt, officials said.

Besides Worcester, crashes due to the poor road conditions were reported elsewhere including at the Lowell Connector, which was shut down for 45 minutes because of multiple crashes.



MICHAEL NAUGHTON
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One last taste of summer on Castle Island

Sullivan's food stand on Castle Island closed for the season on Sunday, selling off the last of the hot dogs, fries and even ice cream for those who wanted one last cone on a gray, cold day. The South Boston institution has operated for more than 60 years. It will reopen around the last weekend of February. / NICOLAUS CZARNECKI, METRO

Casino chatter

Revere casino up for debate

Suffolk Downs' plans for a Revere-only casino is expected to be discussed at the Revere City Council meeting this evening.

Suffolk lost the East

Boston vote for a casino and won the Revere vote.

The racetrack straddles the city line, and the state Gaming Commission has yet to rule on whether Suffolk can continue with plans for a Revere-only development. **SHNS**

Hanukkah happenings

Gov. Patrick to light menorah

Gov. Deval Patrick will take part in the Annual State House Menorah Lighting Ceremony on Monday, an event that attracts the state's top office holders. **SHNS**



Newton nanny. Baby on the way for infamous au pair convicted in death

The English nanny who in 1997 was convicted of killing an 8-month-old Newton baby is reportedly expecting a child of her own.

According to Britain's Sunday Mercury newspaper, Louise Woodward, 35, is about seven months pregnant and living a low-key life with her husband in rural England.

Woodward was 19 years old when she was convicted of the second-degree murder of Matthew Eappen by shaking and slamming him.

The infant slipped into a coma and eventually died.

Her conviction was reduced to manslaughter, and she was freed on time served — 279 days at a Framingham prison — before being deported in 1998.

In 2007, Woodward was dubbed the "most notorious criminal convicted in Massachusetts" by Boston law magazine Exhibit A.

A look back

Matthew Eappen fell into a coma and died at Boston Children's Hospital on Feb. 9, 1997.

- The court case drew international attention, and was televised worldwide.
- Woodward maintained her innocence throughout the trial.

Woodward told the Daily Mail: "Of course, I know there are some people out there just waiting for me to have a baby so they can say nasty things. That upsets me, but that is not going to stop me leading my life. I am innocent, I have done nothing wrong. I am entitled to enjoy my life, I am not going to apologize for being happy." **MORGAN ROUSSEAU**



Christmas makes its way through Quincy

People braved the cold and rain and lined the streets of Quincy to watch Christmas make its way through the city. Santa rode through Quincy on a fire truck during the city's 61st annual Christmas parade, which took place Sunday. Those who attended were treated to free hot chocolate and musical performances, including one from the New Bedford High School Whaler Marching Band. / PHOTO BY NICOLAUS CZARNECKI, METRO

Toy drive

Give to Tony's Metro Magic

Join Metro in giving to a local child in need this holiday season. Here's how: Look for the Tony's Metro Magic logo on our website, www.metro.us. One click on the logo will take



you to a Wish List we have set up via a secure link on ToysRUs.com.

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That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices. If you donate, email Metro at charity@metro.us, letting us know what you gave, and we'll print a "thank you" in the paper. **METRO**

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Rail accident. Train derailment in New York kills four, injures 63

A suburban New York train derailed on Sunday, killing four people and injuring 63, including 11 critically, when cars of a Metro-North train ran off the tracks on a sharp curve, officials said.

The crash happened at 7:20 a.m. about 100 yards north of Metro-North's Spuyten Duyvil station in the city's Bronx borough, said Metro-North spokesman Aaron Donovan.

A Fire Department spokesman confirmed the number of dead and said 11 people

were in critical condition, six were in serious condition with non-life threatening injuries and another 46 suffered minor injuries.

The train, headed south toward Manhattan's Grand Central Terminal, was about half full at the time of the crash with about 150 passengers and was not scheduled to stop at the Spuyten Duyvil station, said the state's Metropolitan Transportation Authority, parent company of Metro-North.

REUTERS



A Metro-North passenger train derailed en route to New York City near the Spuyten Duyvil station on Sunday. / GETTY IMAGES

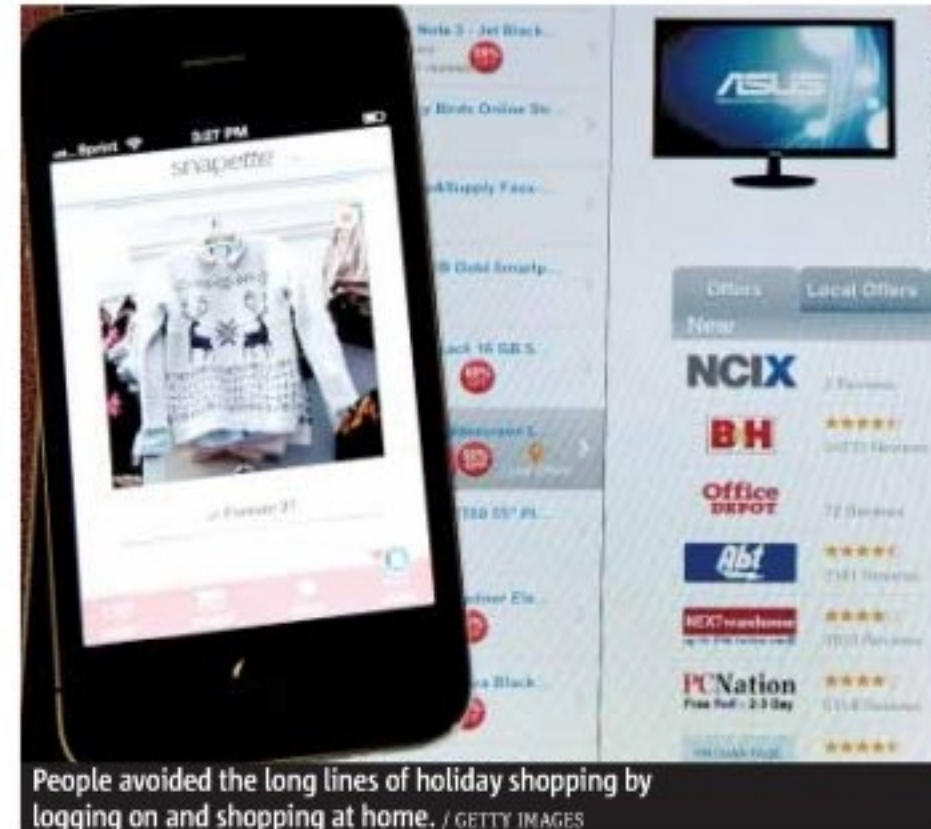
Black Friday online spending reaches a record \$1.2 billion

Retail. About 97 million people planned to shop online or in stores on Black Friday.

Online spending on Black Friday increased 15 percent to a record \$1.2 billion as more consumers opted to shop from their couches rather than battle long lines at stores.

Total e-commerce sales reached \$20.6 billion in the first 29 days of this holiday season, according to ComScore Inc. That's about a 3.1 percent increase from Nov. 1 to Black Friday last year, the research firm's data showed, noting that 2013 numbers include a few more shopping days because Thanksgiving fell on a later date this year.

Consumers are spending more time browsing and buying from smartphones and tablets,



People avoided the long lines of holiday shopping by logging on and shopping at home. / GETTY IMAGES

on top of the hours they already devote to shopping via the Web on laptop and desktop computers. That's translating into faster growth in online

sales.

"While Black Friday — and now Thanksgiving Day — is the traditional kickoff to the brick-and-mortar holiday shopping

Quoted

"Many consumers prefer to avoid the crowds and lines typically associated with Black Friday by shopping from the comfort of their own homes, and we saw a record 66 million Americans do that this year."

Gian Fulgoni
ComScore chairman

Turkey Day

\$766M

Thanksgiving Day online purchases climbed 21 percent to \$766 million, ComScore reported.

season, both days continue to grow in importance on the online channel," ComScore Chairman Gian Fulgoni said in a statement. **BLOOMBERG**

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ENTERTAINMENT

7

New details emerge about Paul Walker's death

Actor Paul Walker, best known for his work in the "Fast and Furious" franchise, died in a car accident Saturday afternoon in Los Angeles, his rep confirms. He was 40 years old. "It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page reads. "He was a passenger in a friend's car, in which both lost their lives."

That friend was also his business partner, Roger Rodas, who was driving a red Porsche at the time of the fatal accident. Reports say the car was traveling at high speeds when it hit a tree and then slammed into a streetlight. As his rep stated, Walker and Rodas were at an event for Reach Out Worldwide to raise aid for victims of Typhoon Haiyan. Rodas' high-end auto shop, Always Evolving, in Valencia, Calif., held the event. According to Radar Online, the crash happened so close to the fundraiser that attendees could hear it. Tragically, one of the witnesses who rushed to the scene to help was reportedly



To see a list of Walker's best-known films, as well as a photo retrospective, [Blip this photo](#). / ALL PHOTOS GETTY IMAGES

Rodas's 8-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire. ... He was trying to save his friend. ... There was nothing he could do."



THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Osbourne admits to vagina surgery

Sharon Osbourne, who freely admits that she's had "a lot" of plastic surgery, went TMI overboard during a recent appearance on Graham Norton's talk show.

When quizzed about her multiple surgeries, she talked freely about her most painful surgical experience. "Having my vagina

tightened," she said. "It was just excruciating." Asked if it was worth it, she laughed: "My husband thinks so. It's back the way God wanted it to be."

And my God didn't want for me to know that about Sharon Osbourne's hoo-ha. Thanks a lot, Internet.



BAUER-GRIFFIN/GC IMAGES

Affleck: A true gentleman or just paparazzi bait?

We're sure the only reason Ben Affleck opened the car door for his wife Jennifer Garner on Friday in Los Angeles is because he's a true gentleman and not because the paps were watching. Right? Right?

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CULTURE

Twitter feed

There was a huge outpouring on Twitter over the weekend regarding the death of Paul Walker. Here, Bret Easton Ellis, Dwayne Johnson and Vin Diesel share their condolences and memories.

@BretEastonEllis: Paul Walker was probably the most beautiful American movie actor of the past two decades.

@TheRock: All my strength, love & faith to the Walker family during this heartbreaking time. We find our strength.. in his light. Love you brother.

@OffVinDiesel: Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. RIP.



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ENTERTAINMENT

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STEVE COOGAN

The actor and writer weighs in on the ratings board initially giving "Philomena" an R.

LET'S GET SERIOUS

Steve Coogan was enjoying positive reception for "Philomena," the film he co-wrote, produced and stars in with Judi Dench, about a woman trying to track down the son a group of nuns made her give up as a

teen. But the positivity stopped in the U.S., where the film was initially given an "R" rating by the MPAA for two instances of the F-word. We spoke with Coogan just hours after that decision was reversed.

Congratulations on your MPAA victory. It's such a mysterious organization. They have these triggers. If you have more than one profanity, then you automatically get an "R." But there are examples of other films that have been given a PG-13. We have two profanities. ... But I think they're entirely justifiable, and if you took them out you'd compromise the integrity of the film.

Has your opinion of journalists changed at all after playing one in this?



GETTY IMAGES FOR WEINSTEIN CO

My opinion of journalists was never bad. I admire journalists who plow through a lot of crap to get to the truth. But there are some journalists who are not really interested in the

truth. They're just interested in shifting units and getting a pat on the back from their editors who want to sell units.

So, they're cynics?

I think a lot of people end up being cynical, while in their heart they don't want to be. ... I wanted [this character] to have a humanity about him and have his cynicism challenged by this very ordinary old lady.

Q&A

Other people

I was curious, at this point in your career, how often do people ask you to do impressions and how annoying do you find that? People actually stopped asking me about it because I stopped doing them about 20 years ago — I didn't like doing them. [When] I started out doing stand-up comedy I did lots of impersonations. But then I moved away from it and then it became that people didn't know I did them. I started saying, "Hey, I can do some impersonations." It became a party trick. I much prefer it as a party trick rather than as a career. I mean, I know Kevin Spacey does lots of impersonations, but people don't think, "Oh, Kevin Spacey, the famous impressionist." [Laughs]

He does a great Jack Lemmon.

You know what? I don't do a bad Jack Lemmon. I'll have to hear his and try mine.



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Box office. 'Catching Fire' still burns bright.

"The Hunger Games: Catching Fire" continued to light up the box office through the Thanksgiving holiday weekend, collecting a record \$110.2 million over five days to surpass a hefty opening for Disney's new animated film "Frozen," and bringing its 10-day total to nearly \$300 million.

Moviegoers flooded theaters in record-setting numbers, dropping \$294 million at box offices, beating the \$290 million spent a year ago over the five-day period.

"Frozen," which critics lav-

ishly praised, recorded ticket sales of \$93 million at U.S. and Canadian theaters for the five-day holiday period.

Disney's action film "Thor: The Dark World" was third with \$15.5 million in ticket sales, according to data compiled by Rentrak.

Rounding out the top five were strong-performing "The Best Man Holiday," starring Taye Diggs and Terrence Howard, with \$11.1 million, and "Homefront," which collected \$9.8 million in its debut weekend. **REUTERS**



Beth Levine

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CYBER MONDAY

9

Cyber Monday tips



Items in high demand are sure to run out quickly, so log on early. / COLOURBOX

Shopping secrets. Score the best deals with these useful techniques.

Armed with your coffee and credit card, you may feel ready for Cyber Monday — but with millions of other shoppers joining in, the online shopping competition is fierce. Mattias Larsson, the CEO and founder of DefinitiveDeals.com, has been studying online shopping habits for the past eight years, particularly Cyber Monday habits. He spills his insider knowledge to help you score the best deals.

Keep your eye on the prize

"It's so easy to get distracted on Cyber Monday by deals for items you don't really want," Larsson says. To avoid buyer's remorse, make a list of the items you want to buy and stick to it. "Retailers will advertise big discounts to get you to click on their site, but those items sell out fast and then you're clicking around on the site instead of buying

Skip it

Forget about getting a new PlayStation4

Our expert says finding a PlayStation4 or Xbox One below the sticker price isn't going to happen. But you will score sweet deals on PS3s and Xbox360s. "You will find great bundles of older consoles that come with the system and games," says Larsson.

the items you want. Meanwhile, those items are selling out other places."

Don't go for the lowest price

If you're hoping to score some electronics, beware of scams. According to Larsson, many sites will offer cheap electronics, but the quality will be as low as the price and you'll end up disappointed. "Look for discounts that aren't the door-buster price, but still a good deal," he says. By not going for the absolute lowest price, you'll get a better product and

have less competition.

Wait on clothes and toys

"Prices for these items actually drop more closer to Christmas than they do on Cyber Monday," Larsson says. The one exception: new, buzzworthy toys. "If there's something really big this season, get it early. But for toys that are the same year after year, you're better off waiting until Christmas."

Don't stop hunting on Tuesday

There are six less shopping days this year between Thanksgiving and Christmas, so retailers are trying even harder to get shoppers' attention. Better-than-usual deals will be going on up until Christmas, so don't feel stressed to get all your shopping done on Monday.

Founded in 2005, DefinitiveDeals.com showcases the best deals the Web has to offer. Deals are listed in order of strength.

EMILY LAURENCE
emily.laurence@metro.us

Outside the box

Consider these random picks when navigating Cyber Monday.

Add to the girth

You're fat and you're going to get fatter this season, thanks to the holidays and your irrational fear of debilitating cold and wind. So own it. Or force others to own it. Gift boxes at Godiva are 40 percent off Monday, so feel free to think of others or just yourself. www.godiva.com



Using a deal to gift yourself chocolate is totally justified.

PROVIDED

Bye, Movember

A few years ago, an evil neologism entered the lexicon: "manscaping." Please ignore that — but maintaining (and preferably losing) your facial hair is nothing to sneeze at. Pick up some gear at The Art of Shaving, including blades and cream to get that baby face while avoiding shameful spotty stubble. Go to www.theartofshaving.com for \$25 off at least \$125.

Animal house

Pet owners tend to anthropomorphize the animals they've imprisoned and trained to be their friends. But if you're going to do that, you might as well treat them right. At LazyBonezz, one can find that ridiculously comfy bed your animal deserves for putting up with your habitual neglect. Go to www.lazybonezz.com for 70 percent off site-wide.

METRO



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metro

www.metro.us
Monday, December 2, 2013

CYBER MONDAY 10

Outside the box

Hello, nurse!

So there's this: If you are one of the first 50 people who buy lingerie off the lingerie site Adore Me, your order will be delivered in person by a "hot male model." Hopefully he will not be outfitted in the lingerie you just bought. www.adoreme.com

Get technical

There's the latest gadgets, then there's the basic tech necessities. iHome offers 50 to 70 percent off its audio fare: clock radios, portable speakers, headphones and other obvious things you need to make your life less terrible.

www.ihomeaudio.com/outlet



I WANT IT.
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Savings. Spend Cyber Monday planning your next vacation.

While you're stocking up on hot-ticket items this Cyber Monday, you might also want to book a plane ticket, as hotels everywhere are slashing room prices today. Check out these deals:

Gansevoort Turks + Caicos

The deal: Stay six or more consecutive nights that include a Monday and Tuesday, and Monday and Tuesday are free.
The promo code: CYBER
The fine print: Travel now through October 2014; blackout dates are Dec. 20-Jan. 4, Feb. 14-20 and April 14-22.
www.gansevoortturksandcaicos.com

La Concha Resort, San Juan, Puerto Rico

The deal: 30 percent off bookings on Cyber Monday



We're not sure which is bluer at the Gansevoort Turks + Caicos — the pool or the sky? / MAGDA BERNAT

The promo code: YCUO / YCUP
The fine print: Travel Dec. 3-22; blackout dates may apply.
www.laconcharesort.com

Atlantis Resort, Paradise Island, Bahamas

The deals: The following

offers are available for travel in 2014:

- \$99/night Aug. 24-Oct. 29 and Nov. 30-Dec. 25
- \$159/night Oct. 30-Nov. 24
- \$179/night April 24-June 11
- \$199/night Jan. 27-March 5 and June 12-Aug. 23

The promo code: N/A
The fine print: Must be a two-night minimum stay and may only be booked with a credit card. Blackout dates are May 22-25, June 19-24, July 3-6 and July 23-25.
www.atlantis.com

www.trumphotelcollection.com/suitespecial

Hotel Madeline, Telluride, Colorado

The deal: 50 percent off the Ski and Spa package
The promo code: N/A
The fine print: Valid for stays between Nov. 29 and Dec. 18; no blackout dates!
www.hotelmadeline.com

Fontainebleau Miami Beach

The deal: 50 percent off all rooms
The promo code: N/A
The fine print: Travel between Nov. 29-March 31. Blackout dates are Dec. 3-6, 10-13, 26, 2014; Jan. 1-3, 13, 14, 18-21, 26-29; Feb. 13-15, 20-26; March 27, 30. Additional blackout dates may be added or changed. Offer cannot be combined with any other discount, and is not applicable to groups. Taxes and gratuities not included. A hotel fee of \$19.95 per day, per room will apply.
www.fontainebleau.com

Trump Hotels (New York, Chicago, Waikiki, Las Vegas, Panama, Miami, Toronto)

The deal: 30 percent off all suites (and a \$10 donation to St. Jude Children's Research Hospital for each reservation)
The promo code: N/A
The fine print: Available for stays Jan. 1-March 31; no blackout dates!

Book ASAP

Lifestyle Tropical Beach Resort & Spa, Puerto Plata, Dominican Republic

The deal: \$15 per person, per night for rooms at the all-inclusive resort (airfare not included)
The promo code: N/A
The fine print: Deal begins Monday morning at 9 a.m. on CheapCaribbean.com. Travel May 1-Dec. 31, 2014.
www.cheapcaribbean.com/resorts/Dominican-Republic-Puerto-Plata/Lifestyle-Tropical-Beach-Resort-Spa/2985.html

Starwood Hotel properties

The deals: 20-40 percent off rooms at more than 500 Starwood hotels and resorts in the Americas, like the Sheraton New Orleans from \$87 per night and the Westin Lake Las Vegas Resort & Spa from \$79 per night.
The promo code: CCCC
The fine print: Travel from Nov. 25-Jan. 26 at participating hotels, and Nov. 25-April 27 at participating resorts. The deals run through Dec. 6.
www.spg.com/cybermonday

JW Marriott Cancun Resort & Spa, Mexico

The deal: 30 percent off room rates, as low as \$146
The promo code: 16C
The fine print: Travel Dec. 3-April 12. Blackout dates are Dec. 22-Jan. 3, Jan. 16-18, Jan. 26-29, Feb. 4-12 and Feb. 19-20.
www.jwmarriottcancun.com



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sands of people roll over or transfer their retirement accounts into precious metals," explained Jon Nelson, a spokesperson with American Bullion. "In fact, the entire process, including all the paperwork, can be done in about 10 minutes on the phone."

Nelson also noted to not be discouraged or surprised if your financial advisor tries to steer you away from owning physical gold or has never recommended it.

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Call 800-897-9664 for a free copy of American Bullion's newly updated Gold Guide packed with information about adding physical gold and silver to your retirement accounts.

Hot deal

Canyon Ranch

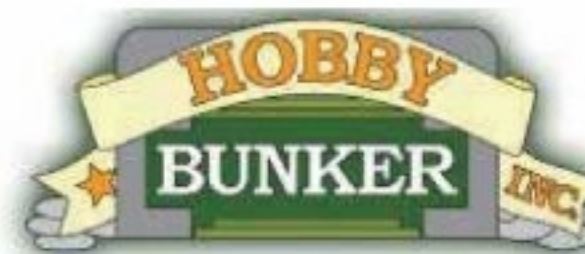
The deal: \$100 vouchers for every \$500 spent on gift cards for the health retreat
The promo code: N/A
The fine print: Gift cards are valid Jan. 4-Dec. 23 in

Tucson, Lenox and Miami Beach locations, but Miami requires a two-night stay. There are no blackout dates!
www.canyonranch.com

Canyon Ranch offers plenty of ways to find tranquility. / CANYON RANCH

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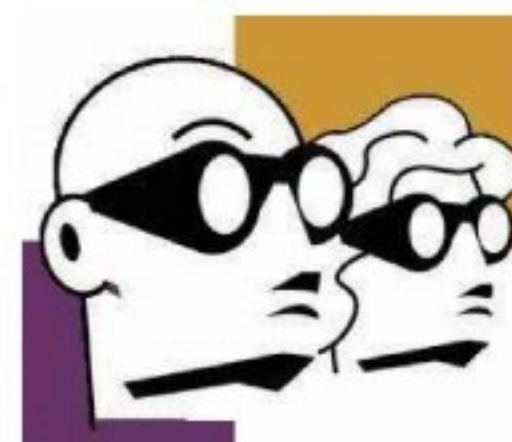


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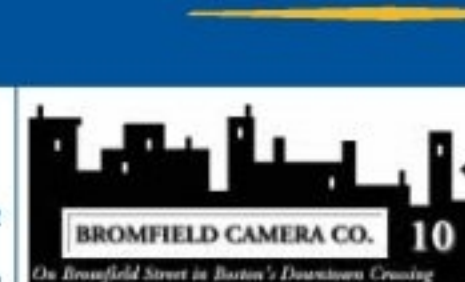
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Quoted

"This is about reconnecting with your deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress of cruelty and drama."

Andrew Reiner,
professor at Towson University



Unplugging to find intimacy

Phone-free. One professor asks students to put down their phones and reach out.

Pick a campus, any campus. As you stroll around, chances are you'll notice fewer students without a tech device than with them: all the more reason for Andrew Reiner, an English professor at Towson University, to teach his course, "The Search for Intimacy in the Age of Facebook."

"As I started teaching at the college level, I was getting a vibe there was a lot of disconnect. Whether it was walking to dining halls, libraries or when I'd walk into class — there were endless amounts of phone activity and Facebooking."

Reiner's overall purpose was to help students find authenticity and strengthen relationships with others. He wants his students to disengage online to re-engage offline.

For instance, Reiner has given students a tech-free assignment based on an essay from a book called "The Sabbath." Reiner realizes he can't deny students their technology, but he encourages them to become independent from it, taking a four-hour break from social media as part of the class.

"It's really not that long, but to them it was a lifetime," he explains. "They had to do something [alone] that didn't involve



Taking a break from technology can be a tough lesson for students to learn. / GETTY IMAGES, PIXLAND

Techno-addicts

Students weigh in

Leonard Chisolm, sophomore, Harcum College: "Technology is a great way to stay in touch. People abuse it, and I have abused it, but there are times you have to control yourself and say, 'Get me back to the real world.'"

Christina Madsen, senior, Barnard College: "If I had to eat lunch alone without a phone, I'd feel disconnected and judged. I catch myself refreshing Facebook or texting just so I feel less alone."

homework or being plugged in and write a guided reflection. Reflections that came back spoke to a kind of disconnect from themselves."

In another recent assignment, students sat alone in a crowded lunchroom. They weren't allowed to use smartphones, laptops, use social media or text. "The need to be in touch breeds hyper-conformity. You're like a pariah if you're not on Facebook for a day." Describing it as a "very deliberate and conscious way" to defy technology, Reiner's goal is to teach students to be in control of technology and not the other way around.

Reiner fears that not setting boundaries for technology may have dire implications for society. "I'm scared for our culture, for the world that my 2-year-old is entering into," he says. In order to set boundaries and reconnect with life offline, Reiner recommends writing monthly letters to tell someone something you have wanted to share for "months or even years."

And make it meaningful, he says: "Tell them something that deeply matters to you, whether it's resentment, hurt or gratitude. ... Frame the truth in an honest, respectful tone. [It's] about reconnecting with authenticity and discovering that confrontation can be civil and productive without the stress."

VICKI
SALEMI
letters@metro.us



Feeling "lucky" to have the job shouldn't hold you back from taking risks. / COLOURBOX

RISKY BUSINESS STARTS WITH SAYING 'YES'

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace.



When it comes to big, life-changing risks, I'm happy to take the plunge. Moving countries? Check. Switching careers at 30? Check. Those are risks I see as adventures that make me happy to navigate an unknown path. But when it comes to risks at the office, it's another story.

I was working at a company some years ago and felt "lucky" to have the job. So, when someone suggested I take on an extra project, I demurred. In my head I reasoned, "Why rock the boat? You might mess it up. Things are fine now." It didn't occur to me that by taking on that project and making it my own, I might provide my own springboard to an expanded role (which happened to my wiser, risk-taking colleague).

Some of the same fears apply when it comes to negotiating for more money. Many women won't do it, or back down during negotiations, because they feel like they're endangering their relationship with their boss simply by having the conversation. Yet it's only by taking such risks that you have a chance of making a leap forward at work.

Joanna Barsh worked for many years as a consultant at McKinsey & Company, where she shied away from projects she thought were a stretch. "Someone would say, 'Would you like to go and open an office in such-and-such a place?' Without even thinking, I would say no." She gorged on thoughts of what could go wrong. But as in many workplaces, "first you say yes, then you figure it out." Eventually, she did just that, retiring as a partner at the firm.

Advice

Take the leap

- Don't let "no" be your immediate answer if presented with an opportunity that scares you. Take some time to think about it.
- Look at taking a leap into the unknown as a career move — sure, it might not work out, but you won't achieve anything significant without taking a risk or two.
- Silence the voice in your head that's trying to undermine you. You can do it.

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Horoscope

♊ Sagittarius | Nov. 22-Dec. 21. You may be charming, but before you try to convince others to give you their support, make sure you have your facts straight and you know what you are talking about.

♊ Capricorn | Dec. 22-Jan. 20. Interact with a variety of people. You will gain popularity if you are benevolent. Others will be interested in your plans and support your efforts.

♊ Aquarius | Jan. 21-Feb. 18. Seek sound advice from someone you respect. You need an impartial opinion. Take a long, hard look at your motives. Self-deception is apparent. Rethink your next move.

♊ Pisces | Feb. 19-March 20. Direct your energy into physical activities or furthering your objectives. You will accomplish a lot if you are determined. Your creative ability will be replenished, so use it.

♊ Aries | March 21-April 20. Rewards will head in your direction if you offer help. You will be appreciated and recognized for your attributes. Expect lots of activity at home.

♊ Taurus | April 21-May 21. Jealousy and stubbornness must not be allowed to take over. Spend quality time with the people you love. Career moves that will give you greater freedom can be made.

♊ Gemini | May 22-June 20. Making new acquaintances will be entertaining. Get involved in a worthwhile cause, and you will open up doors to business partnerships. People from your past can change your future.

♊ Cancer | June 21-July 22. Enjoy the company of someone you think is special, but don't feel the need to pay or to do too much in order to win favors. Keep the relationship equal.

♊ Leo | July 23-Aug. 22. Avoid taking unnecessary risks. Don't let someone you love goad you into taking on an expense you cannot afford. It is you who will have to suffer the consequences of your actions.

♊ Virgo | Aug. 23-Sept. 22. Network, learn and communicate all you can with individuals who have the know-how and information you need to get ahead. Don't let your emotions stand in the way.

♊ Libra | Sept. 23-Oct. 22. Concentrate on work. Personal relationships will interfere with reaching your goals. Take advantage of a chance to learn from someone with a different background, skills or expertise.

♊ Scorpio | Oct. 23-Nov. 21. Focus on people, places and pastimes. The information you acquire will contribute to something you can use in the near future. **BERNICE BEDE OSOL**

Letters

Kimmel should be ashamed

Re: 'China shouldn't throw stones at Kimmel' (Metro, Nov. 26) We, the people (American citizens of Chinese descent), are the ones protesting against Jimmy Kimmel in Boston, and on Metro as well as Boston Globe. We are not admirers of the Chinese government, and the campaign funds were raised entirely within Asian-American communities throughout Greater Boston. However, in letter writer Ike Hull's mind,

this grassroots campaign of anti-racism was an act of the totalitarian Chinese government. He also thinks Jimmy's discriminating statement "Should we allow the Chinese to live?" is only a "dumb joke." Are you implying that if you are objecting a foreign government, then it is OK to discriminate an entire race of people? Jimmy Kimmel's statement of allowing, or disallowing a certain ethnic group to live implies genocide. That is a violation of basic human rights. That is promoting hate in public. Kimmel should be held

responsible. And he never apologized sincerely. We reserve the right not to accept funds; therefore, we still demand Kimmel and whoever responsible for airing the segment to be removed from the ABC network.

DANIEL WU, VIA EMAIL

This is not your father's GOP

Re: 'Parties don't disagree on civil rights' (Metro, Nov. 27) Democrats were the conservative party a long time before

and during the early 1960s. Reagan was originally a Democrat. To believe the Republicans of today have anything to do with the Republicans of Lincoln's era is disingenuous and laughable. Also, the conservatives of Eisenhower's were no way near as paranoid and as seemly insane as the current crop.

MICHAEL WALSH, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	4	2	7	9	8			
	9					1	8	2
				1				7
	3	1			7			6
				2				
9			3			2	5	
5				8				
3	2	7					1	
			5	7	2	4	6	

9			4	3		7		6
			7				8	
7							2	
3				9	5			
1	6		8		7		3	5
			6	1				2
	8							3
	1				4			
4		5		8	6			7

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

1 Powdery ink
6 Winsome
10 Feliciano or Ferrer
14 Disconcert
15 Indigo dye
16 Goddess's statue
17 Hitting below the belt (2 wds.)
19 Adventurous
20 Wine category
21 Fast gaits
22 Join the Army
23 Baba au —
24 Mouth, slangily
25 Ignited
28 Regretted deeply
30 Venetian blinds
31 Interrupts (2 wds.)
35 Superman, incognito
36 Staff members
37 Polite address
39 How diaries are written (hyph.)
41 Pat Sajak's cohost

42 Wanton look
43 Rodeo gear
44 Soup servers
48 Trig. or geom.
49 Leave-taking
50 Judd of country
52 A fifth of DX
55 Rhyme
56 Axons and dendrites (2 wds.)
58 Thus
59 Marie's friend
60 Nimble
61 Spinks of the ring
62 Okra morsels
63 Dogie stopper

Down

1 Boys
2 Play award
3 DEA operative
4 C' — la vie!
5 Beats
6 Bounce back
7 Army outfit

8 Muscle quivers
9 Forest grazer
10 Corresponds
11 Smells
12 Crack the case
13 Tribal adviser
18 Bona fide
22 Fries, maybe
23 Tattered
24 Nail containers
25 Seek information
26 Made a fast exit
27 Turner of old movies
28 Speeder's undoing
29 Heavy hydrogen discoverer
31 Linger
32 Box-office hit
33 Fleming et al.
34 Billionth, in combos
36 Pro votes
38 Advanced degs.
40 Chicken cordon —
41 Rome locale
43 Hobbling

44 Suit coat feature
45 Love madly
46 San — Padres
47 Dud
48 Relocates
50 Verne captain

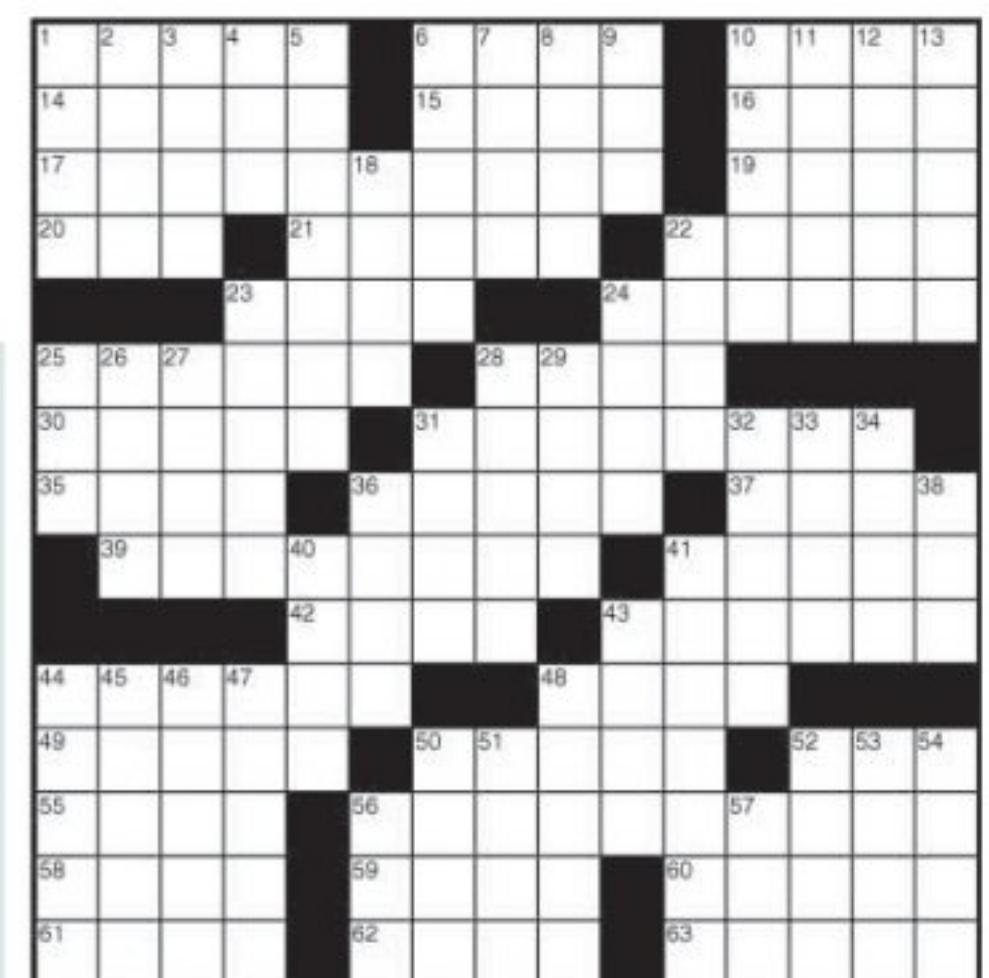
51 Very dry
52 Ad award
53 Reformers' targets
54 "Gotcha!" (2 wds.)
56 Take a snooze
57 Freud topic

Weekend's answer

Y	A	M	A	R	F	D	B	O	A	R
O	R	E	G	O	N	E	R	A	E	L
U	N	M	A	S	K	C	O	L	E	B
T	E	A	R	O	N	E	S	H	A	I
U	R	G	E	S	O	U	D	L	I	S
H	A	U	S	P	U	P	C	I	V	
U	K	E	T	A	G	C	A	V	E	A
R	E	S	A	B	E	O	D	E	V	E
A	S	S	A	I	L	S	G	R	R	I
N	C	O	E	N	E	F	L	I	T	
S	W	A	T	H	F	A	A	S	E	A
K	A	L	E	I	D	O	S	C	O	P
A	K	I	N	A	Y	E	D	O	L	L
T	E	E	N	M	E	L	D	R	E	A
E	D	N	A	E	R	S	S	T	R	I



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3 SPORTS



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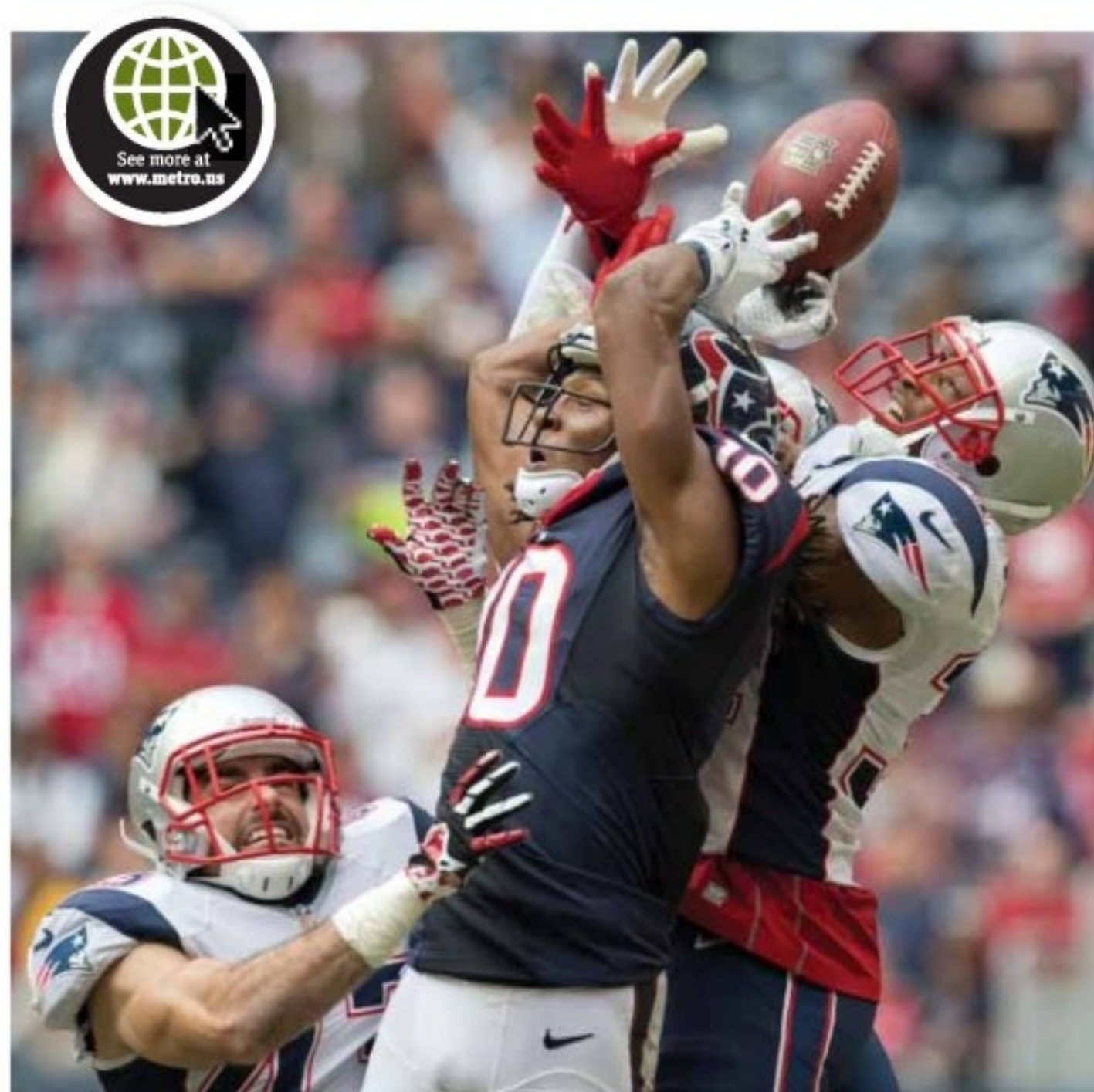


Find video of
Sunday's
Patriots-Texans
game at:
Metro.us/sports.

www.metro.us
Monday, December 2, 2013

SPORTS

14



Nate Ebner and Aqib Talib break up a pass intended for DeAndre Hopkins Sunday. / BOSTON GLOBE

Patriots win ugly in Houston with strong late surge

NFL. The Pats edged
the Texans Sunday,
34-31, and upped their
record to 9-3 in 2013.

It didn't look good at the start,
but the Patriots worked out
the kinks in Houston Sunday
and outlasted the Texans,
34-31, improving to 9-3 on the
season. Tom Brady threw for
371 yards, two touchdowns
and one interception, looking
like the future Hall-of-Famer
that Pats fans have come to
know in the second half.

1 Second-half success
The New England offense
looked just as good in the
second half Sunday against the
Texans as it did in last week's
epic second-half comeback
against Denver. Having scored
just seven points in the first
half, the Pats trailed the Texans

17-7 coming out of halftime.
But the Pats put up 27 points
in the second half, scoring at
least a field goal on every drive
except their clock-killing final
possession. Through their first
seven games of the season, the
Patriots were outscored 44-9
in the third quarter. In their
last two games alone, they've
scored 35 third-quarter points.

2 Step back for the defense
After another running back
torched the Patriots defense
this week, the inability to stop
the run has to be the biggest
concern for the team going
forward. Texans running back
Ben Tate rushed for 102 yards
and three touchdowns on 22
carries Sunday. It was the first
time the Patriots have allowed
three rushing touchdowns
from the same player since
Ronnie Brown did it with the
Dolphins in 2008. But the Pats
also gave up some big plays
through the air. The worst of

them was a 66-yard catch by
DeAndre Hopkins over a lost
Kyle Arrington in the fourth.

3 Multiple contributors

At the risk of sounding
like a broken record, Rob
Gronkowski had another huge
game for the Patriots. Gronk
led the team in reception yards
at 127, and added a beautiful
23-yard touchdown catch to
his 2013 resume for the Patriots.
Julian Edelman (nine catches,
101 yards) also made a number
of key catches for the Pats,
including an 8-yarder on third-
and-8 that set up a LeGarrette
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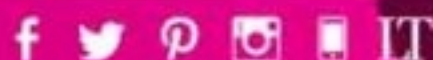
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